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Topature CYC2010

Topature Foldable Exercise Bike 5-in-1 with APP: User Manual for Model CYC2010

Model: CYC2010 | Brand: Topature

INTRODUCTION

Thank you for choosing the Topature Foldable Exercise Bike 5-in-1. This manual provides essential information for the safe and effective use of your exercise bike. Please read it thoroughly before assembly and operation, and keep it for future reference.

Conectividad con APPs Inteligentes

Disfruta de Entrenamientos Interactivos y Basados en Datos

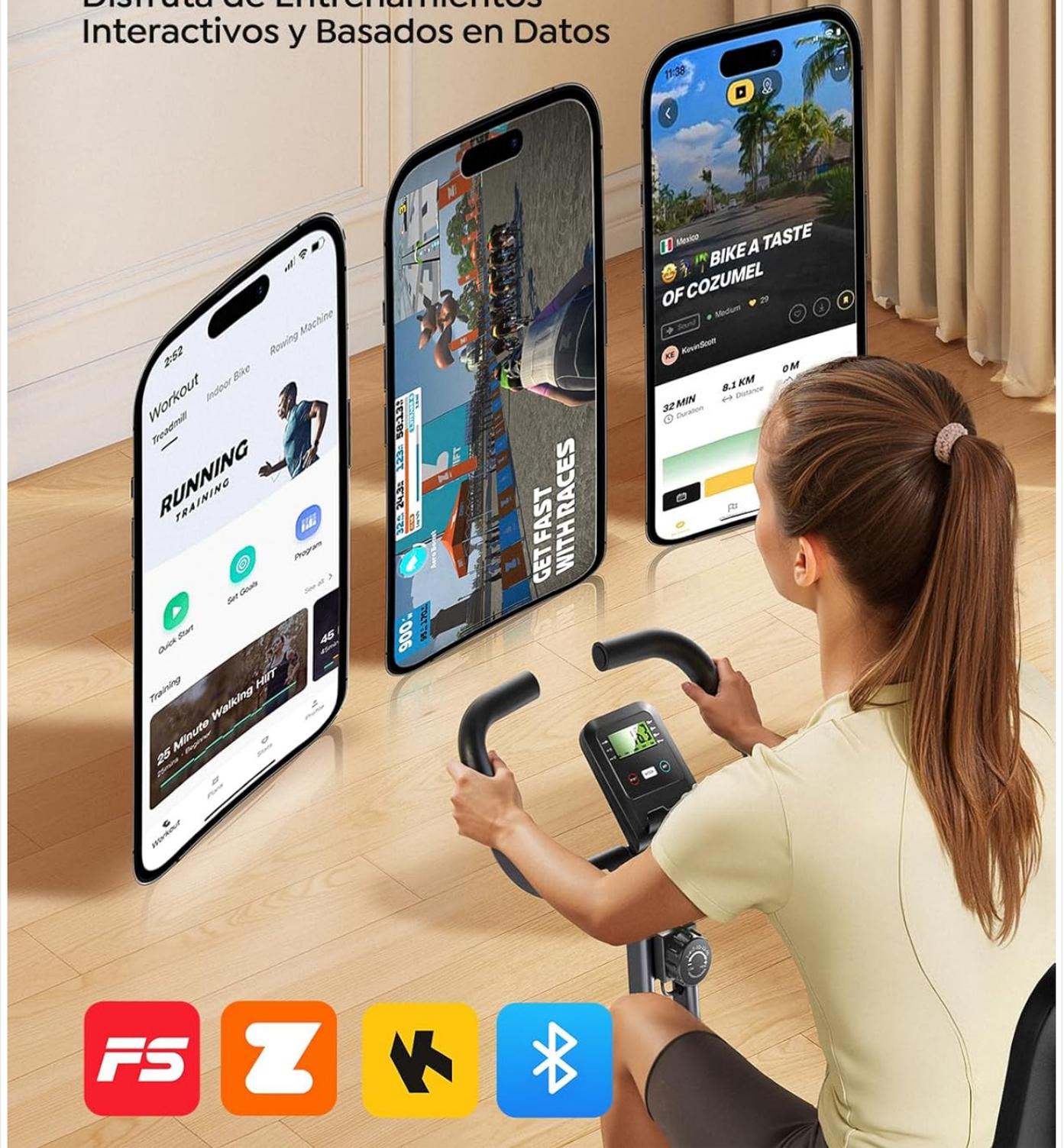


Image: The Topature Foldable Exercise Bike 5-in-1, showcasing its compact design in a modern living space.

IMPORTANT SAFETY INFORMATION

Before starting any exercise program, consult your physician. Stop exercising immediately if you feel faint, dizzy, or experience pain. Keep children and pets away from the equipment. Ensure all parts are securely fastened before each use. Maximum user weight capacity is 140 kg.

SETUP AND ASSEMBLY

The Toputure Foldable Exercise Bike comes 85% pre-assembled. Clear instructions and video tutorials are available to facilitate the remaining assembly steps. Ensure you have all components before beginning assembly.

Unpacking and Component Check

- Carefully remove all components from the packaging.
- Verify that all parts listed in the assembly guide are present.
- Place all parts on a clean, flat surface to prevent damage.

Assembly Steps

Follow the detailed instructions provided in the included assembly guide. For visual assistance, refer to the official video tutorials. The assembly process is designed to be straightforward.



Image: The bike's folding mechanism, showing three adjustable angles for different training styles and compact storage.

OPERATING INSTRUCTIONS

Adjusting the Seat and Backrest

The seat height is adjustable in 7 positions to accommodate users between 150 cm and 195 cm. The wide, ergonomic backrest is designed to provide stable and secure support, adapting to your back's curve.

Diseño de Estructura Orientado a la Comodidad



Cojín de Asiento Cómodo:

Acolchado Grueso para Mayor Comodidad

Respaldo Ergonómico:

Proporciona un Apoyo Firme y Reduce la Tensión en la Espalda



Ruedas de Transporte:

Fácil de Mover y Guardar en Cualquier Lugar

Pedales Antideslizantes con Correas:

Pedaleo Seguro y Estable



Image: Detailed view of the comfortable seat cushion, ergonomic backrest, transport wheels, and anti-slip pedals.

Resistance Adjustment

The exercise bike features a magnetic resistance system with 16 adjustable levels. Turn the tension control knob to increase or decrease the resistance, allowing precise control over your workout intensity. Lower levels (1-4) are suitable for warm-up, mid-levels (5-8) for cardiovascular training, higher levels (9-12) for body shaping, and the highest levels (13-16) for muscle strengthening.

16 Niveles de Resistencia

Control Preciso para Adaptarse a tus Objetivos de Fitness



Image: Visual representation of the 16 resistance levels and their corresponding workout intensities, from warm-up to muscle strengthening.

Console and APP Connectivity

The integrated LCD display monitors real-time exercise data including PULSE, TIME, SPEED, DISTANCE, CALORIES, and ODOMETER. The display operates on two AAA batteries. The bike is compatible with fitness applications such as Fitshow, Zwift, and Kinomap via Bluetooth, allowing for interactive and data-driven indoor workouts.

7 en 1 Monitor de Rendimiento

Seguimiento Completo de todos tus Datos de Entrenamiento



Image: A user engaging with fitness apps on a tablet mounted on the bike, demonstrating smart app connectivity. Heart rate sensors are integrated into the handlebars to provide real-time pulse monitoring during your workout.



Image: The 7-in-1 performance monitor displaying metrics like Pulse, Time, Speed, Distance, Calories, and Odometer.

Multiple Training Modes (5-in-1)

This versatile machine offers multiple training modes to target different muscle groups and workout styles:

- **Vertical Cycling:** Standard upright cycling for general cardio.
- **Competitive Cycling:** More aggressive posture for intense cycling.
- **Reclined Cycling:** Comfortable, low-impact workout with back support.
- **Arm Training:** Utilize the integrated resistance bands for upper body exercises.
- **Leg Stretching:** Use the resistance bands for lower body stretching and strengthening.

5 en 1 Bicicleta Estática

Una Máquina, Múltiples Modos de Entrenamiento



Ciclismo Vertical



Ciclismo Competitivo



Ciclismo Reclinado



Entrenamiento de Brazos



Estiramiento de Piernas

Image: Demonstrates the five different exercise modes: Vertical Cycling, Competitive Cycling, Reclined Cycling, Arm Training, and Leg Stretching.

The improved resistance bands for arms and legs enhance stability and reduce the risk of tipping compared to traditional models. The elastic cord material has undergone abrasion resistance tests to minimize pilling.

Quiet Operation

The bike features a smooth belt drive system, ensuring quiet operation with noise levels below 20dB. This allows for workouts without disturbing others.

Silencioso y Suave

Cada Pedaleo es Silencioso y Fluido



Sistema de Transmisión
por Correa Suave



Sonido
 $\leq 20\text{dB}$



Otra bicicleta
20dB



Image: A visual representation of the bike's quiet operation, showing a smooth belt drive system and noise levels below 20dB.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Battery Replacement:** Replace the two AAA batteries in the LCD display when the screen dims or stops functioning.

STORAGE

The Toputure exercise bike features a unique foldable frame for easy storage. Once folded, the dimensions are approximately 54 cm x 39 cm. Transport wheels are included for quick movement and storage, making it ideal for small apartments.

Diseño Plegable y Portátil

Diseño Inteligente que Ahorra Espacio y se Adapta a Cualquier Lugar que Necesites



Image: The bike in its folded state, highlighting its space-saving design and transport wheels for easy relocation.

TRUBLESHOOTING

If you encounter any issues with your Topature Foldable Exercise Bike, please refer to the following common solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
LCD display not working	Dead batteries or incorrect battery installation.	Replace AAA batteries, ensuring correct polarity.
Unstable during use	Uneven floor or loose frame connections.	Adjust the leveling caps on the base. Check and tighten all frame bolts.
Resistance not changing	Resistance cable issue or internal mechanism fault.	Ensure the resistance knob is correctly engaged. If the problem persists, contact customer support.
Unusual noise during pedaling	Loose parts or friction.	Inspect all connections and moving parts for looseness. Ensure no foreign objects are obstructing the flywheel.

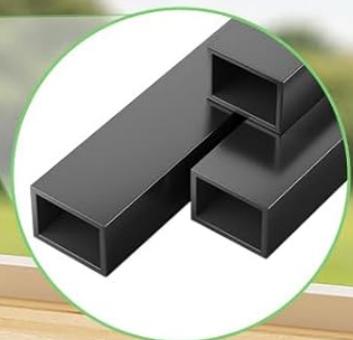
For issues not listed here or if solutions do not resolve the problem, please contact Toputure customer support.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	CYC2010
Brand	Toputure
Dimensions (Unfolded)	86 x 51 x 123 cm (Length x Width x Height)
Dimensions (Folded)	54 x 39 cm (Base dimensions)
Product Weight	21 kg
Maximum User Weight	140 kg
Resistance Mechanism	Magnetic
Resistance Levels	16
Material	Reinforced Steel (Frame)
Power Source (Console)	2 x AAA Batteries
Connectivity	Bluetooth (for Fitshow, Zwift, Kinomap apps)
Special Features	5-in-1 Training Modes, Heart Rate Monitor, Foldable Design, Transport Wheels, Resistance Bands
Recommended User Height	150 cm to 195 cm

Diseño Estructural Sólido y Estable

140 KG



Acero
Endurecido

Tubos de Patas
Extendidos

Image: The robust X-frame structure of the bike, highlighting its reinforced steel construction and 140 kg weight capacity.

WARRANTY AND SUPPORT

For any questions, concerns, or assistance regarding your Topature Foldable Exercise Bike, please contact Topature customer support. While specific warranty details are not provided in this manual, please refer to your purchase documentation or contact the seller for warranty information.

Contact Information: Please refer to the contact details provided with your purchase or on the official Topature website.

